

# Engage Fitness & Wellness

In-Person and Online Programs

Spring 2023



740-363-6677

[MySourcePoint.org](http://MySourcePoint.org)



**April 3–July 1, 2023**

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday, 8 a.m.–noon.

*Close at 4 p.m. May 26; Close at 2 June 9; Closed May 27 and 29.*

**Registration is required** and begins March 20 at [MySourcePoint.org/EC](http://MySourcePoint.org/EC) or with customer service.

All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change.

**Scholarships** are available and applying is easy! Contact Annette at 740-363-6677 or [aleatherman@MySourcePoint.org](mailto:aleatherman@MySourcePoint.org) or apply online.

**Cancellation Policy:** You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

*We have your fitness solution! Group fitness, personal training, go it alone—we have it all. If you're looking for strength and conditioning, mobility and balance, or mind-body connection, our professional, motivated, and enthusiastic instructors and trainers are here to help you achieve your active aging goals!*

## Special Events

### OHIOHEALTH COLORECTAL CANCER SCREENING AWARENESS

**Friday, April 21, 10 a.m.–1 p.m.**

Tour the giant, walk-through, inflatable replica of a human colon, which illustrates the development of colorectal cancer, along with information on colorectal cancer screenings and preventions. View 3D examples of healthy tissue vs. growths, speak with specialized staff, and schedule a screening at a later date.

### HEALTH & WELLNESS EXPO

**Saturday, June 3, 9–11:30 a.m.**

Now in the spring! Join us for free health screenings and information to support Healthy Eating, Active Living (HEAL). No registration required. Learn more at [MySourcePoint.org/events](http://MySourcePoint.org/events).

## Holistic Therapy

### FOOT CARE CLINIC: RETURN VISIT

**Tuesdays, 8:30 a.m.–3 p.m., by appointment.**

Care is conducted by licensed nurses specialized in foot care for elder feet. Schedule your appointment online or with customer service in person or at 740-363-6677.

*Fee: \$13, due at time of reservation.*

### MASSAGE THERAPY

**Thursdays, 10 a.m.–4 p.m., by appointment.**

**Fridays, 9 a.m.–2 p.m., by appointment.**

Tiffany Taylor, Licensed Massage Therapist, specializes in Swedish, deep-tissue, and cupping techniques. Call or text 740-602-3214 to schedule your appointment.

*Fee: \$30 for 30-min., or \$60 for 60-min., or \$90 for 90-min.*

WITH SUPPORT FROM

2014-2024 Health & Wellness Partner



## **THERAPY DOG INTERNATIONAL**

**Second Friday of each month,  
11 a.m.–1 p.m.**

A volunteer group of qualified handlers and therapy dogs for visitations to provide comfort and companionship, increase emotional well-being, and promote healing. Come pet Lucy and her sister Dani. They will be happy to see you!

## **Land Exercise**

*Instructors coach proper technique and form to help you reach your goals, prevent injuries, target the right muscles, and promote better breathing. See Land Exercise Grid for a visual of when classes are held.*

## **FITNESS CENTER**

**Open during center hours.**

Offers the use of resistance training machines, strength training equipment, free weights, cardiovascular machines, and accessories.

*Fee: \$45. Fee is for unlimited use during the quarter and is prorated. No fee for Renew Active/SilverSneakers/Silver&Fit.*

## **AGING WELL: MIND-BODY-BALANCE**

**Wednesdays with Kathy,  
noon–12:45 p.m.**

A beginner class for active

individuals seeking to age with grace and live their life to the fullest. Classes incorporate several fitness disciplines for a safe cross-training experience. Mat/floor work included.

*Fee: \$36 for the series.*

## **BALANCE AND STRETCH**

**Tuesdays or Thursdays with  
Holly, Mimi, or AnaJaye',  
noon–12:45 p.m.**

A beginner level class to improve balance and flexibility. Learn dynamic and static stretches to promote balance while using support (chair provided).

*Fee: \$36 for a one-time per week series.*

## **BANDS & BELLS**

**Fridays with Meg or Valarie,  
10–10:45 a.m.**

Beginner-advanced. Strengthen your muscles and improve bone density using a resistance band and dumbbells during this complete body workout. You'll be guided through exercises at your own pace in a supportive atmosphere. Beginners are encouraged to attend.

*Fee: \$36 for the series.*

## **BOOTCAMP FITNESS**

**Mondays, Wednesdays, or  
Fridays with AnaJaye' or Mimi,  
11–11:45 a.m.**

Beginner-advanced. A varied, challenging, and fun mix of

aerobic, resistance training, and fast-paced exercises. Bootcamp workouts improve cardiovascular efficiency and increase strength in a high-intensity interval format.

*Fee: \$36 for a one-time per week series.*

## **HIIT SQUAD**

**Mondays or Wednesdays with  
Valarie, 5–5:45 p.m.**

Intermediate-advanced. High Intensity Interval Training is a fun, challenging way to build strength, increase endurance, and torch fat. Using bodyweight, plyometrics, and weights, redefine your body and well-being, increase metabolism, and enhance mitochondrial function. Bring a towel, electrolytes to drink, and motivation to get fit fast.

*Fee: \$36 for a one-time per week series.*

## **PACE**

**Mondays or Wednesdays, 1–  
2 p.m.**

People with Arthritis Can Exercise. A low-impact program that focuses on functional ability, mobility, self-care, and confidence. (Self-led with video; chair provided.)

## **PEDAL & PUMP *NEW NAME***

**Tuesdays or Thursdays with  
Valarie, 10–10:45 a.m.**

Beginner-advanced. Spin class combined with resistance

training promotes cardiovascular health, builds strength, and improves endurance. Cycling plus lifting weights targets the total body for a low-impact, fat-burning, core-supporting, heart-healthy routine.

*Fee: \$36 for a one-time per week series.*

### **SILVERSNEAKERS CARDIO/ BOOM MOVE *NEW NAME***

**Mondays–Fridays with AnaJaye' or Mimi, 9–9:45 a.m.**

Beginner-advanced. Same class! New name! A gradual to high intensity, low-impact cardiovascular endurance class to get your boom on!

*Fee: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **CARDIO/BOOM MOVE *ONLINE***

**Mondays and Wednesdays, 9–9:45 a.m.**

A gradual to high intensity, low-impact cardio endurance class to get your boom on!

*Fee: \$15 for a two-time per week series.*

### **SILVERSNEAKERS CIRCUIT**

**Tuesdays or Thursdays with Mimi or AnaJaye', 10–10:45 a.m.**

An intermediate-level class. Using dumbbells, a resistance band, and a soft ball, this heart-pumping strength class will shake up your exercise routine.

*Fee: \$36 for a one-time*

*per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **CIRCUIT *ONLINE***

**Tuesdays and Thursdays, 10–10:45 a.m.**

Participate from home in this intermediate-level class. Using dumbbells, a resistance band, and a soft ball, or your home substitutions, this heart-pumping strength class will shake up your exercise routine.

*Fee: \$15 for a two-time per week series.*

### **SILVERSNEAKERS CLASSIC**

**Mondays, Wednesdays, or Fridays with Kathy, 11–11:45 a.m.**

A beginner-friendly strength class. Using dumbbells, a resistance band, and a soft ball, this is an easy way to get back to exercise or recover from injury.

*Fee: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **SILVERSNEAKERS YOGA**

**Mondays, Wednesdays, or Fridays with Kathy, 10–10:45 a.m.**

A beginner-level class. You will learn seated and standing poses to increase flexibility, balance, and range-of-motion.

*Fee: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **STABILITY**

**Fridays with Holly, 1–1:45 p.m.**

This beginner to intermediate class focuses on movements to improve strength and power in the ankles, knees, and hip joints, and trunk muscles to strengthen the spine to create body stability. Improve balance and reaction time. Chairs can be used.

*Fee: \$36 for the series.*

### **VALEMEE INTRODUCTION**

***NEW!***

**Mondays, April 3–May 1 with Peggy, 1–1:45 p.m.**

Beginners. Valemee empowers those with neurological, physical, and developmental challenges, and those who support them. An inclusive and empowering visual fitness program to promote self-efficacy, independence, and confidence to those with and without disabilities.

*Free 5-week trial class.*

### **WOMEN AND WEIGHTS**

**Mondays or Wednesdays with Holly, 10–10:45 a.m.**

Beginner-intermediate. To assist women in improving posture, increasing strength, and losing body mass. You will see a positive transformation and get stronger.

*Fee: \$36 for a one-time per week series.*

## WU TAI CHI

**Tuesdays with Mimi, 11 a.m.–11:45 a.m.**

A powerful, graceful, and ancient movement art to develop and maintain strength and flexibility, balance and stamina, mindfulness and stress-reduction. Harvard University calls it “the perfect activity for the rest of your life.” Wu-style tai chi’s soft and relaxing movements are easily adapted for anyone.

*Fee: \$36 for the series.*

## YOGA: HATHA

**Tuesdays or Thursdays with Polly, 11 a.m.–12:15 p.m.**

Beginner-intermediate. The foundation of all yoga. This practice focuses on proper alignment, breathing, and sensing vital life force energy to bring about a sound, healthy body, and a clear, peaceful mind. Bring your yoga mat.  
*Fee: \$36 for a one-time per week series.*

## YOGA: GENTLE **NEW NAME**

**Wednesdays with Laurel, 8:45–9:45 a.m.**

A beginner level, slow-paced class affords time to explore postures while cultivating strength, flexibility, and balance. Mindfully move through life fully embodied, connected, and whole.  
*Fee: \$36 for the series.*

## YOGA: RESTORATIVE **NEW NAME**

**Thursdays with Michelle, 3-4 p.m.**

A beginner level practice to relax, restore, and rejuvenate the body and mind. Slow poses that focus on breathing, mellow movements, and long holds. Restorative is more about relaxation than building strength.

*Fee: \$36 for the series.*

## YOGA: VINYASA

**Tuesdays with Michelle, 3-4 p.m.**

**Wednesdays with Polly, 11 a.m.–noon.**

Intermediate-advanced (Michelle’s class). Experienced beginners-intermediate (Polly’s.) A continuously flowing practice that links poses to breath. Strength, flexibility, focus, breath control, and a calm mind are hallmarks of Vinyasa. Familiarity with basic yoga poses is recommended.  
*Fee: \$36 for a one-time per week series.*

## YOGA: YIN

**Fridays with Laurel, 8:45–9:45 a.m. **NEW TIME****

Beginner-advanced. A modern yoga style where postures are held for extended periods (45 seconds to 2 minutes for beginners, up to 5 minutes for advanced). This meditative practice creates space to align the body and mind by restoring the life force flow.  
*Fee: \$36 for the series.*

## ZUMBA **NEW!**

**Thursdays with AnaJaye', 11–11:45 a.m.**

Beginner-advanced. A dynamic total body workout—cardiovascular, muscle conditioning, balance, and coordination. A mix of easy-to-follow low- and high-intensity rhythms to boost energy and have fun! If you love to move your body to the music, then Zumba is right for you.

*Fee: \$36 for a one-time per week series.*

## **Personal Training**

### **PERSONAL TRAINING SINGLE SESSION OR SERIES**

Not sure what exercises are right for you? Your body type, health, and personal self are unique. Following someone else’s workout routine does not take this into account. Exercises are not one-size-fits-all. You need a training plan created for your specific needs. Personal training helps you define and attain your goals. Personal training will educate, motivate, personalize, challenge, and help you improve, all in a safe environment. To start your fitness journey, pick-up a client assessment form at the fitness desk, fill it out, make an appointment for a physical assessment, then schedule your first personal training session to prioritize

your unique health and fitness. Contact Valarie Wright at 740-363-6677, ext. 169 or email [vwright@MySourcePoint.org](mailto:vwright@MySourcePoint.org).  
*Fee: \$30 for 45-min. session; \$100 for four 45-min. sessions.*

## Water Exercise

*See Water Exercise Grid for a visual of when classes are held.*

### POOL WALKING

**Mondays or Wednesdays, 8:15–9, 11:15–noon, 12:15–1, 3:15–4, or 4:15–5 p.m.**  
**Tuesdays or Thursdays, 8:15–9, 11:15–noon, or 4:15–5 p.m.**  
**Fridays, 8:15–9, 11:15–noon, 12:15–1, or 3:15–4 p.m.**  
**Saturdays, 8:15–9 or 9–9:45 a.m.**  
Self-led exercise.  
*Fee: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### SILVERSNEAKERS SPLASH

**Mondays, Wednesdays, or Fridays with Nicky, 1:15–2 p.m.**  
Fun, shallow-water exercise to increase movement and intensity. Suitable for all levels.  
*Fee: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### WATER AEROBICS

**Mondays–Fridays with Mae, Holly, or Nicky, 9:15–10 a.m. or 10:15–11 a.m.**

**Mondays or Wednesdays with Sylvia, 5:30–6:15 p.m.**

**Tuesdays or Thursdays with Barb, Nicky, or Anajaye', 12:15–1 p.m., 1:15–2 p.m., or 5:30–6:15 p.m.**

**Mondays, Wednesdays, or Fridays with Nicky, 2:15–3 p.m.**  
Low-impact exercises that target flexibility, strength, and cardio endurance. Adaptable to every fitness level.

*Fee: \$36 for a one-time per week series.*

### WATER VOLLEYBALL

**Tuesdays or Thursdays, 2:15–4 p.m.**  
**Saturdays, 10–11:30 a.m.**  
Self-led play. Competitive and friendly—no spiking!  
*Fee: \$30 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

## Sports & Recreation

### GOLDEN MARATHON

#### OUTDOOR HIKING

**Mondays with Bob, 9:30–11 a.m. at various parks.**  
Join hikers for fun, fitness, and friendship. Whether your goal is health, connecting with nature, or meeting new people, we are your go-to group. Rain or snow, sunshine or clouds—unless the temperature reaches below 10° or there is a level 2-3 snow emergency—we are meeting! Arrive at the date and

location, bring your own water, and dress for the weather and terrain. See you on the trail!

April 3: Alum Creek State Park, 3538 S. Old State Road, Delaware.

April 10: Hickory Woods Park, 1271 Pollock Road, Delaware.

April 17: Glacier Ridge Metro Park, 7825 Hyland-Croy Road, Plain City.

April 24: Hiking at Shawnee State Park—*See Trips flyer.*

May 1: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

May 8: Inniswood Metro Park, 940 Hempstead Road, Westerville.

May 15: Deer Haven Preserve, 4183 Liberty Road, Delaware.

May 22: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

May 29: Rocky Fork Metro Park, 7180 Walnut Street, Westerville. (*SourcePoint closed.*)

June 5: Shale Hollow Park, 6320 Artesian Run, Delaware.

June 12: Hiking at Cedar Bog Nature Preserve—*See Trips.*

June 19: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

June 26: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

Questions? Contact Bob at 740-815-3643 or [robrenner2011@yahoo.com](mailto:robrenner2011@yahoo.com).

**GOLF: TRAVEL LEAGUE INFO  
MEET & GREET**

**Tuesday, April 4, 9–10 a.m.**

Come meet fellow golfers and review the season's schedule. Please register.

**GOLF: TRAVEL LEAGUE**

**Wednesdays, April 26–Oct. 11,  
start times vary per course**

The SourcePoint Traveling Golf League is a fun, flexible, convenient, and semi-competitive way to connect with golfers of every ability, play at six different courses, and improve your game.

Registration open after start date. For more info, contact Jay at [jayarrington11@gmail.com](mailto:jayarrington11@gmail.com).

*Fee: \$10 one-time registration fee; plus green fees each week.*

**GOLF: HIDDEN VALLEY LEAGUE**

**Fridays, May 5–Sept. 22, start  
times between 8:30–9 a.m.**

The SourcePoint Hidden Valley League meets at the beautiful executive, 9-hole course nestled in Delaware's hidden valley. A pond, mature trees, and sand traps make this course a challenge for beginners, as well as advanced golfers. Registration still open after start date.

*Fee: \$5 one-time registration fee; plus green fees each week.*

**WALK WITH A DOC**

***PARTNER EVENT!***

**Second and fourth Tuesdays,  
10 a.m., at Mingo Park, 500 E.  
Lincoln Ave., Delaware.**

Join Grace Clinic Delaware for this free, fun walking program. Meet at the southeast shelter house by the playground and take a step toward better health! Learn about important health topics, have your questions answered by physicians, build new friendships, and enjoy an informal, relaxed, and fun walk at your own pace. Questions? Call Grace Clinic at 740-816-6955. *Registration not required.*

# Land Exercises Spring 2023

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Dance	Indy	119	Dance	Indy	131	Dance	Indy	119	Dance	Indy	131	Dance	Indy	119
8:30															
9 a.m.		SSneakers Cardio/BOOM*		Line Dancing: Beginner	SSneakers Cardio/BOOM		Yoga: Gentle	SSneakers Cardio/BOOM*					Yoga: Yin	SSneakers Cardio/BOOM	
10 a.m.	Silver-Sneakers Yoga	Women and Weights		Line Dancing: Intermediate	Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Women and Weights		Line Dancing: Advanced	Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Bands & Bells	
11 a.m.		Silver-Sneakers Classic	Boot-camp Fitness	Yoga: Hatha	Wu Tia Chi		Yoga: Vinyasa	Silver-Sneakers Classic	Boot-camp Fitness	Yoga: Hatha	Zumba			Silver-Sneakers Classic	Boot-camp Fitness
noon					Balance and Stretch			Aging Well: Mind-Body			Balance and Stretch				
1 p.m.	PACE	Valemee 4/3 - 5/1					PACE							Stability	
2 p.m.															
3 p.m.		Table Tennis		Yoga: Vinyasa				Table Tennis		Yoga: Restorative					
4 p.m.															
5 p.m.		H.I.I.T Squad						H.I.I.T Squad							
6 p.m.				Line Dancing: Adv (6-7:30)											

\*online option available

## Water Exercises Spring Quarter 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking
9 a.m.						Pool Walking
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
10 a.m.						Water Volleyball
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
11 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
noon						
	Pool Walking	Water Aerobics	Pool Walking	Water Aerobics	Pool Walking	
1 p.m.						
	SilverSneakers Splash	Water Aerobics	SilverSneakers Splash	Water Aerobics	SilverSneakers Splash	
2 p.m.						
	Water Aerobics	Water Volleyball	Water Aerobics	Water Volleyball	Water Aerobics	
3 p.m.	Pool Walking		Pool Walking		Pool Walking	
4 p.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking		
5 p.m.						
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
6 p.m.						